

Guidelines at The Monroe Institute- A Journey of Discovery

by Lisa Reber

I am Lisa Reber, co-leader of the Fond du Lac, Wisconsin chapter Group. As a leader, I wrote the following for the group. I would like to share my experience from the Guidelines program at the Institute. It was a turning point for me.

On August 1st of 2014, Jennifer and I made our way to Charlottesville, Virginia. We were in high anticipation of a magic filled week at the Monroe Institute. In 2013 we participated in the Gateway program at TMI. The programs build on each other, so the next choice for us was either Guidelines or Lifeline. We chose Guidelines. The description of Guidelines that TMI gives is as follows: **Explore deeper dimensions of your limitless self and learn to access guidance with confidence and clarity. This graduate course provides in-depth exploration of focus 21 with emphasis on contacting your inner self helper and other sources of guidance.**

As a long-time consciousness explorer, I can attest to the intensity and depth of this program. Since the last near-death experience, I have felt cut off from my internal guidance and I also haven't recognized myself. I will share a couple of my experiences from the journey. The focus levels are states of consciousness. C1 is our physical waking reality. The levels that we journeyed to and learned how to go to with ease in Gateway were Focus level 10: mind awake, body asleep; Focus level 12: an expanded feeling of self/consciousness; and Focus 15: state of no time/space. These are the focus levels that will be visited during the Excursion workshop we will be hosting.

In Guidelines we visited Focus 12 and Focus 15 for refresher meditations. They refer to it as the reset time. We then moved on to Focus 21, the bridge to other realities. We spent a significant amount of time (pun intended) in Focus 15 as well. The treat was going to Focus 27 which is beyond the Earth system and belief territories.

The following are excerpts from a couple of my journeys as recorded in my journal.

Sunday, August 3, 2014

Clicked out (fell asleep) during the first meditation today. Opened my eyes and saw a note on the wall "remember where you were". It faded within seconds. It was cursive writing in blue. I also felt Steve and Gareth walk into our room during the exercise, however, they weren't really there! (2 other participants in the program)

Second exercise: Finally got “Let it go” song out of my head and felt like I was floating away. I moved fast into a vast area of space, zoomed like a superhero. Saw a pyramid; black with symbols on in greens, blues, yellows and orange. Perched on the peak I saw a kind pair of eyes on a large furry creature. Wanted to take me for a ride. Felt very trusting, like a good friend. Started our journey—I saw a ball of yellow light at the end, this is my pic 1 or journey marker.

Third exercise: This was a free flow in 15. I intended to meet someone from my “team” here. I did! They sent a rollercoaster for me to ride to a teepee. In the teepee I sat down and different colored lights came on around me. I wanted to know which one kept asking “Who Am I” to me during the crisis that led to the last NDE. I received, “The answer is coming”. The roller coaster came back to get me and the ride was intense. A great drop forward, two loops back to back and abrupt stop. I was told I’m supposed to have fun, play more.

Day 3: Have lost track of date! First exercise was to 21 and exploring Miranon’s colors. I “clicked” out. When I clicked back in, it was to a different world. I was zooming in on a door. It looked huge, then as I got closer, the door got tinier and tinier. I then saw, as if I was high above, a garden plot with young plants, potatoes, I think. One of the plants suddenly got pulled down and a little being came out, brushed himself off, very sneaky like, went to the nearest street corner and became a lamp post.

Kevin, one of the facilitators suggested it was one of the earth keepers that native cultures talk about. I would call them keepers from the realm of fairie. Same thing.

Exercise 4: Rolled out of my check unit, in my astral body and tickled Jen’s legs to see if she felt anything after the exercise. She said her legs kept itching! This felt like I was making it up....imagination gets the ego out of the way!

Wednesday, PREP session (Personal Resources Exploration Program) My question/intention for this session is to find out if part of me left during the last NDE and someone else step in? Sensors are attached to both hands (fingers), then you are put in the booth. The booth is like a sensory deprivation chamber. It is copper lined, no light and you lie down on a special water bed. Headphones are placed on your head. I journeyed to f10, f12, f15, f18. I lingered in f18 for a little time to be in heart space. It helped bring a sense of calm to my physical body. I then journeyed to f21. In f21 I saw a train station. I waited on the platform, but no trains came. Suddenly an escalator dropped down in front of me; an up escalator. I got on and found myself travelling up through the train station roof to a tree. It was shiny silver, fairly good size. I was sitting on a bench in front of the tree, admiring it. I then felt someone on my left trying to push me off the bench. It was very irritating. (On my graph it shows a strong current at that moment). I wouldn’t let her push me off. I noticed another person, on my right, he was very peaceful, very patient. I asked who he was. I then understood they are both expressions of me.

I start crying at this point. Big anguished sobs and then tears of great joy and fulfillment. We sat and held reunion space with each other, these parts of me. Then we were under the tree canopy, playing and reconnecting. The tree from under the canopy looked like a spiral going up. I understood then, that during the last NDE, the patient aspect got pushed aside by the pushy or dominant aspect. We are whole again.

Writing my story or not is about fear. Let the fear go. I then went back to f18 for some healing and then returned to c1. When I came out of the lab, there were 3 vultures soaring just a small way over in the valley. The 3 are soaring together again, in balance.



Exercise to f21: The title of this session is “Meeting Friends” (Sense of time is gone. Not sure which day). When I arrived at f21 via the magic escalator, Doris and Clyde came dancing over (doing a polka) and a funny looking dwarf was playing an accordion and following them. Behind them came Maddie, the golden retriever, with something in her mouth. (Doris and Clyde are my dear friends parents that recently passed away and the dog is one of my friends’ dog that also recently passed.) Maddie was wagging her tail and so happy to be with them. She said, “Tell Wayne the fishing is good here!” Doris had a message for my friends daughter....”tell her it’s in the hair”. That is all I could get her to tell me. Clyde just kept clapping and smiling. They were so happy. I then saw Phyllis, the friends mother in law, off to the side. She was smoking a cigarette and frowning, until Maddie dropped a fish at her feet. She had a message for one of my friends to let anger go. Her anger is really fear holding her back.

I was so surprised and delighted by the appearance of my friends parents and dog! I went into the meditation with no expectation. Just open to whoever showed up. It was a great experience and I called my girlfriend as soon as I could to share the experience with her.

I won’t bore you with more of my quirky explorations. I hope these passages have given you a sense of the magic that is in each of us, waiting to be explored, expanded and experienced!